

## AVERAGE LIFE JUMPS FROM 20 TO 50 YEARS

Did you know that the average length of human life is rapidly increasing, in fact has increased thirty years already and made thus far only a good start? An article in the March number of World's Work tells how it is coming about. Here is a part of the story:

Twenty years ago, a university professor with a fine future before him found himself facing possible death through tuberculosis at the very outset of his career. He gave up his professional work for the time and applied himself exclusively to the business of staying well. He sought out the latest methods for the treatment of the malady, and put them into practice with rare conscientiousness. Before very long, he found himself out of danger, but still lacking in the endurance necessary for the performance of his duties. But life was of no value to him without work, and so he set about getting back his working power as systematically as he had been set about saving his life.

At this, he found, was not such a simple matter as merely curing himself of consumption. It involved an exhaustive study of the whole subject of hygiene. However, he went into it. He investigated the subjects of diet and exercise, bathing, rest—all the themes of hygienic science, and all in relation to their effect upon working power—and he religiously applied everything that he learned. The result was that in time he achieved an endurance that more than doubled the working capacity of his best days; but he did more. He made certain discoveries of the very highest value to his work.

This man is Prof. Irving Fisher, head of the Department of Political Economy at Yale—and it is to him that President Roosevelt has entrusted the task of making a report on national vitality to the commission for the Conservation of Natural Resources. This report is now ready.

It should be productive of practical results. The document not only declares that man need no longer remain the prey of inefficiency, disease, and premature death—and that through all recorded history he has been gaining greater and greater control over these things—but it points out specific methods for securing at least an improvement equal to the achievements of all the centuries that have gone before.

Prof. Fisher's political economy is certainly no "dismal science." He says that, right down through the ages, man's life has been lengthened and his rate of mortality and disease decreasing. He asserts that the old doctrine that sickness and death must go on forever, claiming relatively the same toll year after year, is outworn and must be discarded. On the contrary, he says, both the length and the strength of man's life are dependent upon definite conditions, and these conditions are within the power of man to control.

In the sixteenth century, the average length of human life in European countries was between eighteen and twenty years. Today, it is between forty and fifty years. During the seventeenth and eighteenth centuries, when hygiene and sanitary science had not yet been born, the rate of increase was about four years per century. During the first half of the nineteenth century, when those sciences were taking their first uncertain steps, the rate of increase was extended to nine years per century. During the latter half of the nineteenth century, when they had attained a fairly robust growth, the rate of increase practically doubled. At the present time, in Germany, where hygiene and sanitation have been highly developed and wisely applied, the rate of increase is twenty-seven years per century; while in India, where practically nothing has been done along these lines, there has been no increase at all.

And, as man's life has lengthened, his death rate has fallen. In the seventeenth century, the mortality rate in London was 50 persons per 1,000 of population. Today it is 15 per 1,000 of population. Within a century, Vienna has reduced its death rate from 60 to 23 per 1,000 of population. In the year 1700, the mortality rate of Boston was 34 per 1,000. Today, it is 19. Within a century, London, Berlin and Munich have all cut their death rates about in half.

And there are other figures—all tending to demonstrate that, just exactly in proportion to the extent and thoroughness with which hygiene and sanitation have been applied, men's lives have lengthened and become more secure from disease.

In Sweden, the home of the famous "Lase" system of gymnastics, where physical training forms a part of the education of every child, the average length of life is 56 years for men and 51 for women—the highest in the world. In India, where hygiene and sanitation are unknown or unapplied,

it is 23 for men and 24 for women—the lowest in the world. In the United States, where a growing appreciation of the value of these sciences contends with the nerve destroying pace of the strenuous life, the average life time is 44 for men and 46 for women. As might be expected, the death rate is lowest in the Scandinavian countries, only 13.5 to 14.4 per 1,000 of population; and highest in India, 42.3 per 1,000 of population; with the United States holding the relatively high position of 16.5.

Furthermore, it is shown that the mortality rate is high in the cities, low in the country; high for the poor, low for the rich; high for the black, low for the white; high for laborers, low for professionals—in short, high wherever conditions of life are bad, and low wherever conditions of life are good.

And disease as well as mortality is decreasing. The grim plagues that used to stalk through the mediaeval cities, mowing down thousands at a stroke, are no more. Yellow fever, which, in 1793, carried off one-tenth of the population of Philadelphia within six and a half weeks, is practically banished from the country. Smallpox, that used to claim a periodical tribute of deaths reaching up into the tens of thousands, has practically disappeared wherever vaccination has been introduced. And every other epidemic disease is decreasing year by year.

The conclusion is inevitable. If advances such as this have been made by the haphazard, unorganized application of the little knowledge of the past, what may not be accomplished by a widespread and systematic application of the rich and specialized knowledge of the present? Cleanliness alone, says Professor Fisher—clean air, clean water, clean milk, clean food—will come near to wiping out the diseases that now claim the greatest tribute of deaths. In terms of money, he estimates that the United States could save annually at least one billion dollars now lost through deaths that need not occur, and at least half a billion dollars through sickness that could easily be prevented. And this does not take into consideration the incalculable sums that are now lost to the nation through preventable minor ailments and undue fatigue—a drain upon national resources that is probably several times greater than the economic loss through acute disease.

These figures represent the conservative estimate of a conservative political economist. Professor Fisher believes they might easily be several times greater. The annual loss through tuberculosis alone, in actual earnings, in potential earnings cut off by death, and in expenses of sickness and death, amounts in the United States to a billion dollars annually. The annual cost of typhoid is estimated at three hundred and fifty million dollars, and that of malaria at one hundred million dollars. It is said that the hook-worm disease, the chief source of economic waste to the South, mauls South Carolina annually of thirty million dollars.

All this can be prevented. What has already been done proves it. The mortality rate from tuberculosis has been falling steadily ever since the campaign against it was inaugurated. The typhoid mortality in Munich fell from 291 per 10,000 of population, in 1856, to 100 per 100,000 of population in 1887; a reduction of 97 per cent obtained when the old cesspools were filled up and pure water was brought to the city from a distance. In Lawrence, Mass., the introduction of a water filter reduced the number of typhoid deaths from 105, in 1892, to 22 in 1896. The number of cases of typhoid on record in Pittsburgh in October of 1907 was 638. During the ensuing year, the new filtering plant was put into operation. The number of cases on record in October of 1908, was 96. And Professor Fisher says that, with the assistance of Mr. Scott McNutt, he has recently proved the correctness of Hazen's theorem: that for every life saved from typhoid, two or three lives are saved from other causes. It is estimated that the hook-worm disease could be wiped out in the South forever through the expenditure of between one and two million dollars. It has been wiped out of Porto Rico at a cost of about 50 cents for each person cured. In ten years, England has more than regained the sum spent in fifteen years on sanitary improvements, although that expenditure has amounted to forty-two million dollars annually. General Leonard Wood has said that the discovery of the mosquito as the carrier of the yellow fever germ is saving more lives annually than were lost in the Spanish-American war, and that it is protecting the commercial interests of the world from annual losses exceeding the whole cost of that war. An actuary of a certain life insurance company has estimated that, if all the insurance companies banded together

## COTTON IS KING

Would you like to grow it profitably? Then plant "Simpkin's Prolific," the earliest maturing cotton in the world, ninety days from planting to boll. It is the cotton for truckers. Where I grow 30,000 pounds Cabbage per acre I grow 2 1-2 bales cotton by putting down six feet apart, planting Cotton in the middle of the rows.

For sale by the originator and introducer. All seed guaranteed by me.

**W. A. SIMPKINS, Raleigh, N. C.**

References: Any bank or business house in Raleigh.

and spent two hundred thousand dollars a year on health propaganda they would save annually eight times that amount.

### KOREA'S NEW RAILWAYS

(Continued from Page Twelve.)

paper. About forty-five years ago, when Mrs. Sloan was quite young and lived with her parents, Mr. and Mrs. S. B. Ellis, at Stony Point, her parents had a large flock of sheep. It was Mrs. Sloan's duty to help her mother hunt up the sheep at salting time, and help salt them. One day, as was the custom, Mrs. Sloan and her mother went to the pasture to salt the sheep. A dog was with them and it suddenly ran out to a straw house in the pasture, and began barking at something under the house. The first impression made upon Mrs. Sloan and her mother was that it was a panther, and Mrs. Sloan was dispatched by her mother to go to her father's mill and bring help to kill the panther.

A large crowd of the neighboring men grabbed pitchforks, guns, etc., and made for the straw house to kill the panther. Upon close investigation it proved to be a hog, which had been missed for 77 days. The hog had pushed open the door of the straw house. After entering the door the straw pushed the door shut, and the hog was closed in the house. It began tunneling under the straw, going the entire circuit of the room, staying in there 77 days and nights—two and one-half months, or 1848 hours. It walked its lonesome walk or lay down to sleep for 77 days, and did not have one drop of water or one mouthful of food, except a little mud out of the cracks of that log cabin or a mouthful of the dry straw occasionally.

When captured it was very wild, but too weak to jump, run or squeal, and it was carried to the barn of Mr. Ellis, and his sons fed it with a spoon—it had forgotten how to eat. The hog was nursed back to health, and made three hundred pounds of choice pork. Mr. Ellis came to this city and told Mr. Drake, who was running the *Tredell Express*, about the affair and Mr. Drake charged him \$2.49 for publishing it in his paper.

This story is absolutely true, and is vouched for, not only by Mrs. Sloan, but her brothers and sisters, and also many other people who were living near her father's home in Alexander county at the time.

### AN INGERSOLL STORY.

**The Witty Atheist Orator Told How His Life Was Saved Because He Was a Smoker of the Weed.**

It seems that while Ingersoll was in Cleveland, soon after his successful legal fight for the star-routers, a sort of anti-tobacco crusade had been started in that city, and a well known Boston scientist was delivering nightly lectures against the use of the soothing weed. The speaker invited others to argue the question with him, but although the smokers were largely in the majority the Boston man proved too clever for the debaters brought against him. Availing themselves of Ingersoll's presence, some of his friends begged the great orator to take up the cudgels in behalf of the tobacco users, which he consented to do, more for a joke than any serious reason. That evening the hall was jammed, and when the prohibitionist requested an answer to his argument Ingersoll solemnly arose, and said he would reply to the statement of his eloquent friend by the relation of a simple incident. He said:

"I was once attending to a mining case in one of the wildest and most lawless regions of Utah. A murder had recently been committed by a notorious thief. A committee of local vigilants were watching for him at every cross-road. Just after night-fall I was riding back to the town from the mine, mounted on a white horse. The vigilants had received information that the desperado in question would pass that very road the same evening, also riding a white horse. The posse had ambushed themselves in some chaparral, and as I came down the bridge path they got ready to fire altogether, for they waste no time on trials in that section. Entirely unconscious that a half dozen shot guns were sighted at my shirt-front, I stopped my horse, struck a match, and proceeded to light my cigar. Thinking that the light would give them a still better light to shoot at, the concealed party held their fire

for a second. In that second the blaze of the match reflected on my features; revealing that they were not sure of the man, they waited, and stepping out on the road, they congratulated me on my narrow escape. And so, ladies and gentlemen, if I hadn't had the good fortune to be a smoker, I wouldn't be here now."

"And you call that good fortune?" grimly asked the anti-tobacco lecturer, after the applause had subsided. "Wasn't it?" inquired Ingersoll, with a smile.

"I don't see it," thundered his opponent. "If it hadn't been for that miserable cigar there would have been one less lawyer in the world."

And amid the roar that followed, Ingersoll sat down, completely knocked out in one round.

### A MUSICAL ENGINEER.

**Wins a Bride With His Steam Whistle—Robert Freeman Ellington and His Bride Relate Their Musical Courtship and Happy Consummation.**

By converting his engine whistle into a calliope and playing such tunes as "Home Sweet Home," "In the Sweet Bye and Bye," "Then You'll Remember Me," and "Way Down Upon the Suwannee River," Robert Freeman Ellington, engine-driver on the Southern Railway for more than twenty years, despite the fact that he is still a young man, won for himself a pretty young bride.

Mrs. Ellington, who was Miss Margaret Angel, a bell of Manchester, across the James river from Richmond, Va., coyly confessed that she was in love with her husband's accomplishment before she loved the man. When they first met it was after she had listened night after night to his pipings. Then began the courtship, during which time Ellington played to her alone. She knew No. 195, his engine, as many another knows a pet dog or horse, and not a night passed that the whistle of No. 195 didn't send messages to her from her sweetheart.

The little woman stated that since their marriage her husband has never missed letting her know to the tune of "Then You'll Remember Me" of his departure or signifying his arrival with the strains of "Home, Sweet Home."

Mr. Ellington's unique skill with his locomotive whistle was gained, according to his own story, during the long and lonely stretches of his trips. He tried first one tune and then another. Finally music came from the steam throat, first timidly, then more boldly as the engine driver gained confidence. Mr. Ellington is at a loss to explain his success. He plays no musical instrument, although fond of music.

It is against the rules of railway companies to sound other than stipulated signals on the whistle of a locomotive, and great effort was made to ascertain who was violating the rules. Mr. Ellington's brother engine drivers, knowing of his romance, helped shield him by imitating as nearly as might be his airs on their own whistles. It is now thought that the Southern, having heard the story, will close its official ears to Mr. Ellington's infractions of the rules and allow him to continue to send his messages to his wife.

During the recent Chapman-Alexander revival meeting in Richmond, Charles M. Alexander frequently heard the music of the locomotive and remarked about it to Dr. Chapman. Mr. Chapman was so impressed that he referred to it in one of his sermons, and asked for the name of the engine driver. It happened that Mrs. Ellington was a member of Dr. Chapman's choir and immediately after the service she told the evangelist of her husband's accomplishment. The following day Mr. Ellington was taken to the Richmond hotel and there introduced to the evangelist. The preachers have since obtained pictures of the engine driver, his wife, the engine and the cozy home in Manchester.

"These pictures tell a story which may mean the conversion of many people," Alexander told Mr. Ellington. "We shall use them in every city we enter on our tour of the world."

**WANTED — BUYERS FOR ALL** kinds sporting, house and farm dogs. List free. E. F. Wilmouth, Shelbyville, Ky.